

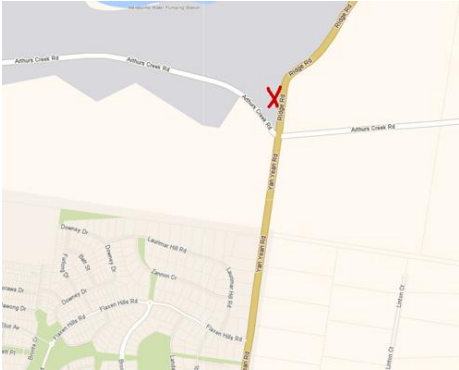
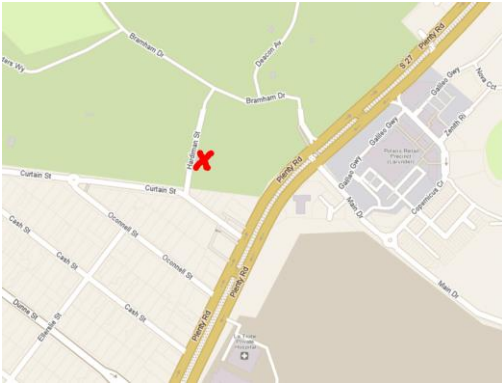
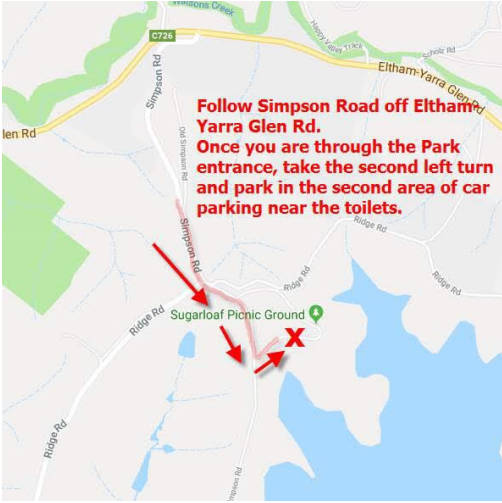


## DCR Timetable May 2018

Tuesday	Thursday	Sunday
<p>1<sup>st</sup> May 7pm – Group Run Marngrook Oval</p> <p>7:30pm – Relays (400m reps) Marngrook Oval</p>	<p>3<sup>rd</sup> May 7pm – Group Run Marngrook Oval</p>	<p>6<sup>th</sup> May <b>Trail:</b> Eltham Lower Trail <b>Meeting place:</b> At playground to left of roundabout at Eltham Lower Park, Main Rd, Eltham <b>Time:</b> 8am <b>Distance:</b> 5km, 8km, 10km+ <b>Road and Trail runs will be offered</b></p> 
<p>8<sup>th</sup> May 7pm – Group Run Marngrook Oval</p> <p>7:30pm – Hill Repetitions Meet at Ryans Reserve Broadgully Rd, Diamond Creek.</p>	<p>10<sup>th</sup> May 7pm – Group Run 7.10pm – 1km Time Trial Marngrook Oval</p>	<p>13<sup>th</sup> May <b>Trail:</b> Main Yarra Trail <b>Meeting place:</b> near Heidelberg Football Clubrooms <b>Time:</b> 8am <b>Distance:</b> 5km, 8km, 10km+</p> 
<p>15<sup>th</sup> May 7pm – Group Run Marngrook Oval</p> <p>7:30pm – Gear Shifter Marngrook Oval</p>	<p>17<sup>th</sup> May 7pm – Group Run Marngrook Oval</p>	<p>20<sup>th</sup> May <b>Trail:</b> Ridge Rd, Doreen <b>Meeting place:</b> Corner of Ridge Rd and Arthurs Creek Rd. Parking on the side of the road (no official car park). <b>Time:</b> 8am <b>Distance:</b> 5km, 8km, 10km+ <b>Note:</b> there are no toilets or taps at this venue <b>***BYO Water and tissues in case of emergency pit stop!***</b></p> 

<p>22<sup>nd</sup> May 7pm – Group Run Marngrook Oval</p> <p>7:30pm – Reducing Recoveries Marngrook Oval</p>	<p>24<sup>th</sup> May 7pm – Group Run Marngrook Oval</p>	<p>27<sup>th</sup> May <b>Trail:</b> Darebin Trail <b>Meeting place:</b> Bundoora Park via the main entrance (Fairway drive) and then first left into Hardiman St Carpark - see X on map) <b>Time:</b> 8am <b>Distance:</b> Start to Run, 5km, 8km, 10km+</p>	
<p>29<sup>th</sup> May 7pm – Group Run Marngrook Oval</p> <p>7:30pm – Indian File Marngrook Oval</p>	<p>31<sup>st</sup> May 7pm – Group Run Marngrook Oval</p>	<p>3<sup>rd</sup> June <b>Trail:</b> Sugarloaf Reservoir <b>Meeting place:</b> Sugarloaf Reservoir Park, Christmas Hills (approx. 30mins from D'CK) <b>Time:</b> 8am <b>Distance:</b> 5km, 8km, 10km+ <b>Road and Trail runs will be offered</b></p>	 <p><b>Follow Simpson Road off Eltham-Yarra Glen Rd. Once you are through the Park entrance, take the second left turn and park in the second area of car parking near the toilets.</b></p>